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SUMMER OF HELL

Transit riders are bracing for nearly two months of delays and aggravation stemming from the start of track repairs at Penn Station. 4

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MCCAIN SAYS GOP HEALTH-CARE BILL LIKELY DEAD

1 A senior U.S. Republican senator predicted on Sunday that the Republican bill to roll back Obamacare would likely fail, adding to growing signs that the bill is in trouble. "My view is that it's probably going to be dead," Sen. John McCain, a senior U.S. Republican, said on the CBS program, "Face the Nation." The Senate bill, which faces unified Democratic opposition, has been further

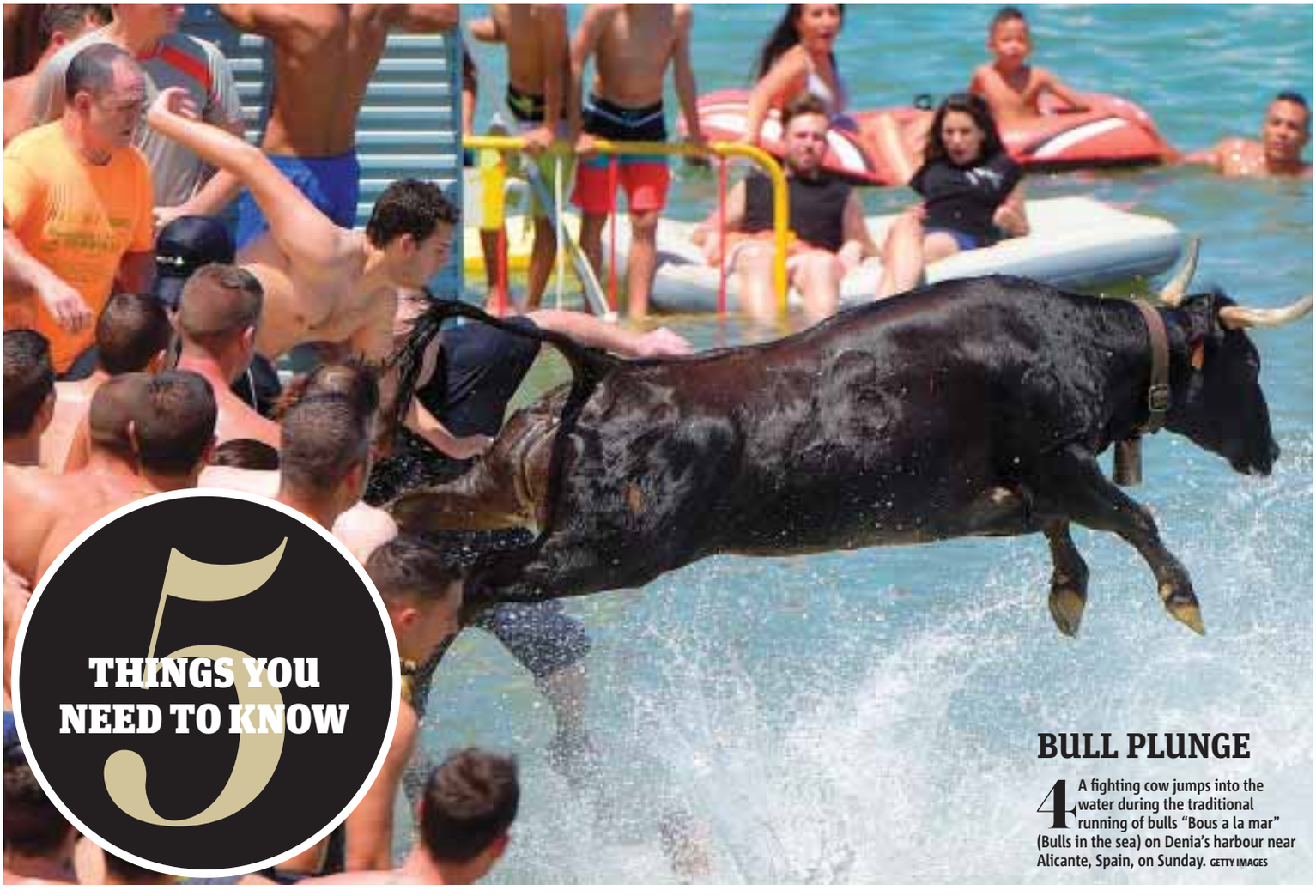
imperiled during a week-long recess where several Republican senators have had to return to their states and face constituents strongly opposed to the bill. Senators return to Washington on Monday. The Senate bill keeps much of Obamacare intact but strips away most of its funding.

IRAQI ARMED FORCES VICTORIOUS IN MOSUL

2 Iraqi Prime Minister Haider al-Abadi arrived in Mosul on Sunday and congratulated the armed forces for their "victory" over Islamic State after nearly nine months of urban warfare, bringing an end to jihadist rule in the city. Islamic State's defeat in Mosul three years after taking the city is a major blow for the hardline Sunni Islamist group, which is also losing ground in its operational base in the Syrian city of Raqqa from where it has planned global attacks. The group, however, still controls territory in Iraq and is expected to revert to more conventional insurgent tactics such as bombings as its self-proclaimed caliphate falls apart. The battle for Mosul — by far the largest city to fall under the militants' control — has left large areas in ruins, killed thousands of civilians and displaced nearly one million people.

LA FIRE LEAVES 140K WITHOUT POWER

3 A fire at a receiving station in Los Angeles left 140,000 residents without power on Saturday after a second straight day marked by temperatures that exceeded 90 degrees, power authorities said. Crews were on site assisting fire department operations and assessing damage at the scene of the fire at Receiving Station J, in the North San Fernando Valley, the Los Angeles Department of Water and Power said in a statement. Some 140,000 residential and commercial customers were left without power which was cut off at the station to allow crews to work on putting the fire out, the department said. Thee was no word on when power might be restored, which would occur once the fire is out and the system is stabilized, said LADWP, which provides power to 1.6 million customers in the city of Los Angeles.



BULL PLUNGE

4 A fighting cow jumps into the water during the traditional running of bulls "Bous a la mar" (Bulls in the sea) on Denia's harbour near Alicante, Spain, on Sunday. GETTY IMAGES

CEASEFIRE DEAL HOLDING IN SOUTHWEST SYRIA

5 A U.S.-Russian brokered ceasefire for southwest Syria was holding more than nine hours after it took effect, a monitor and rebels said, in the latest international attempt at peace-making in the six-year war. The United States, Russia and Jordan reached the ceasefire and "de-escalation agreement" this week with the aim of paving the way for a broader, more robust truce. The announcement came after a meeting between U.S. President Donald Trump and Russian President Vladimir Putin at the G-20 summit of major economies in Germany. The Syrian Observatory for Human Rights, a Britain-based war monitoring group, said "calm was prevailing" with no air strikes or clashes in the southwest since the truce began at noon on Sunday. "The situation is relatively calm," said Suhaib al-Ruhail, a spokesman for the Alwiyat al-Furqan rebel faction in the Quneitra area.

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ELLIS HENICAN, OPINION COLUMNIST

Why stop with Vladimir Putin's election hack? Aren't there any other messes Donald Trump can "move forward" from? You bet there are. He can "move forward" from the nukes in North Korea, "move forward" from the complexities of healthcare and, while he's at it, "move forward" from the decline in America's longstanding role as leader of the world. **metro.us**

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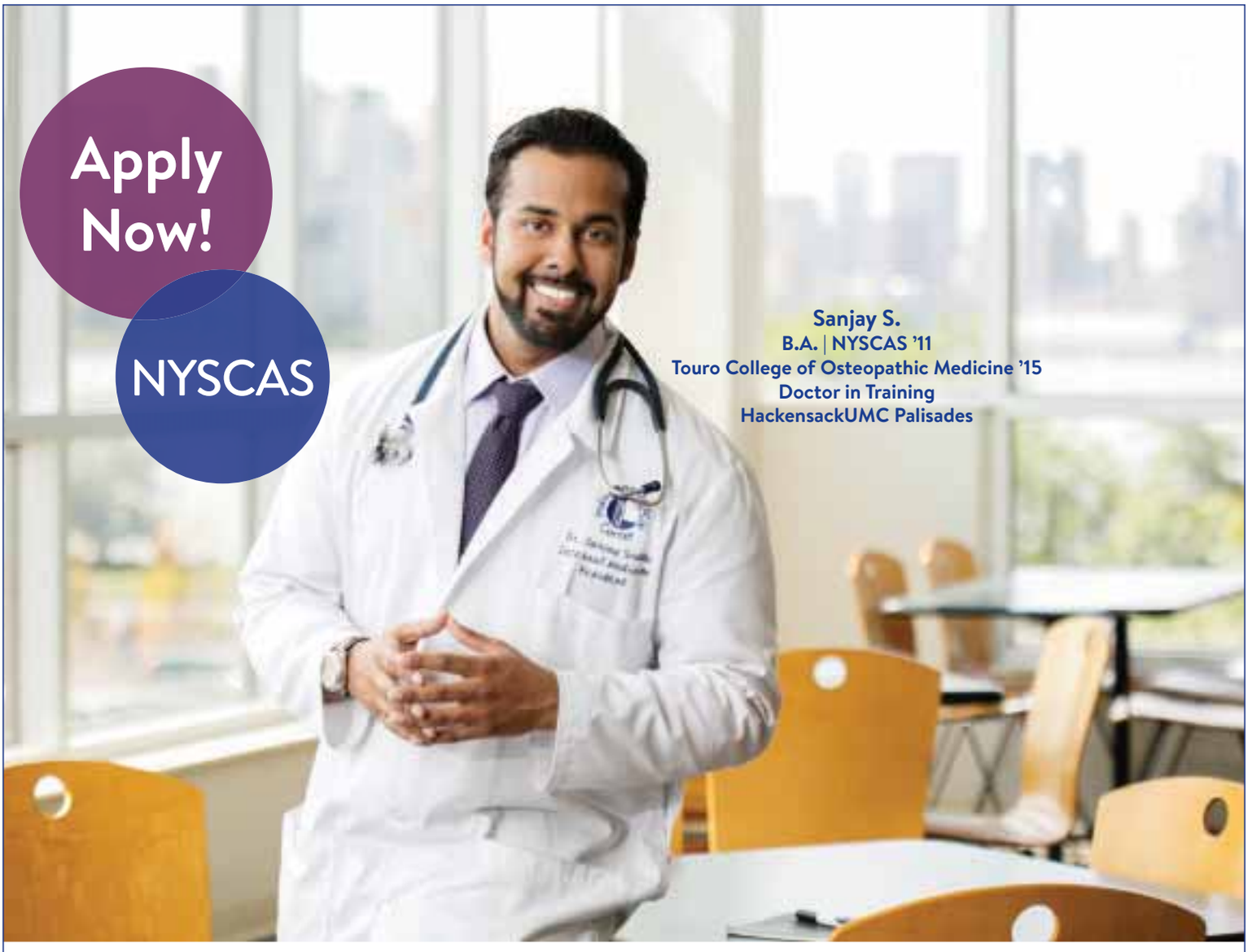

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The "summer of hell" is set to begin on Monday. ALL IMAGES COURTESY GETTY IMAGES

New York suburban commuters poised for 'summer of hell'

Ferry operators, bus services and even parking lots are looking to capitalize on the disruption.

New York City's suburban commuters are bracing for the start of what has been called the "summer of hell" as the United States' busiest train hub partly shuts down for extensive track repairs.

The work at Penn Station is due to begin Monday and run through Sept. 1, leaving the roughly 600,000 commuters who arrive there each morning from New Jersey and Long Island scrambling for alternate ways into the city.

New York Gov. Andrew Cuomo said the disruption will likely mean a "summer of hell" for those who rely on the New Jersey Transit and Long Island Rail Road (LIRR) systems that will be disrupted as Amtrak undertakes $40 million in track repairs.

"This is going to be a tough couple of months," said Ronnie Hakim, interim executive director for the Metropolitan Transportation Authority, which operates the LIRR, the Metro-North Railroad and New York City subways and buses.

Hakim advised commuters to travel outside of peak periods if possible, spread out along platforms to avoid overcrowding and purchase tickets further ahead of time.

"Consider trying to do things a little differently," she said.

One option that officials are warning commuters against is trying to drive into the already congested city, even as parking lots near the midtown transit hub urge riders in billboards and advertisements to do just that.

"Anyone who works in the city understands the gridlock that characterizes downtown and midtown Manhattan during business hours. It's why they chose mass transit to begin with," said New Jersey state Assemblyman John Wisniewski, who chairs the chamber's transportation committee.

Wisniewski urged riders to consider ferries and buses as alternatives, with 97,000 cars per day already crossing from New Jersey to New York City, according to city data.

The delays will take a toll on the city's economy, with Manhattan employers expected to lose an estimated $14.5 million for every hour that train commuters from New Jersey and Long Island are delayed, according to an estimate by the Partnership for New York City, a nonprofit business-advocacy group.

Some regular train riders are trying to find silver linings to the change in routine. Among them are commuters taking New Jersey Transit up on its offer to honor some train tickets on ferries that carry travelers across the Hudson River, a journey that normally costs $9 each way.

"Riding the ferry is definitely way less stressful than having to run into a tunnel and hope the train gets you there," Tim Dedman, 43, of West Orange, New Jersey, an information technology manager who works in lower Manhattan. "The view is great. All these gleaming towers rising out of the fog."

> *"This is going to be a tough couple of months."*
>
> Ronnie Hakim, interim executive director for the Metropolitan Transportation Authority

Others are using the transit trauma to nurture a creative streak.

"Who knew my disgust, Could be expressed artfully? Now get me to Penn," wrote Joey Neri, an advertising copywriter, in a haiku posted on the Facebook group NJ Transit Riders Revolt.

Neri, 30, said in an email that he moved to Edison, New Jersey, because of the direct train service to Penn Station just months before the repairs were announced. He said he had not written a haiku since high school but now so regularly posts 17-syllable poems that he has picked up the nickname "the Bard of Penn Station."

His planned Monday missive? "It is July tenth, the 'summer of hell' begins, good luck commuters." REUTERS DOMESTIC NEWS

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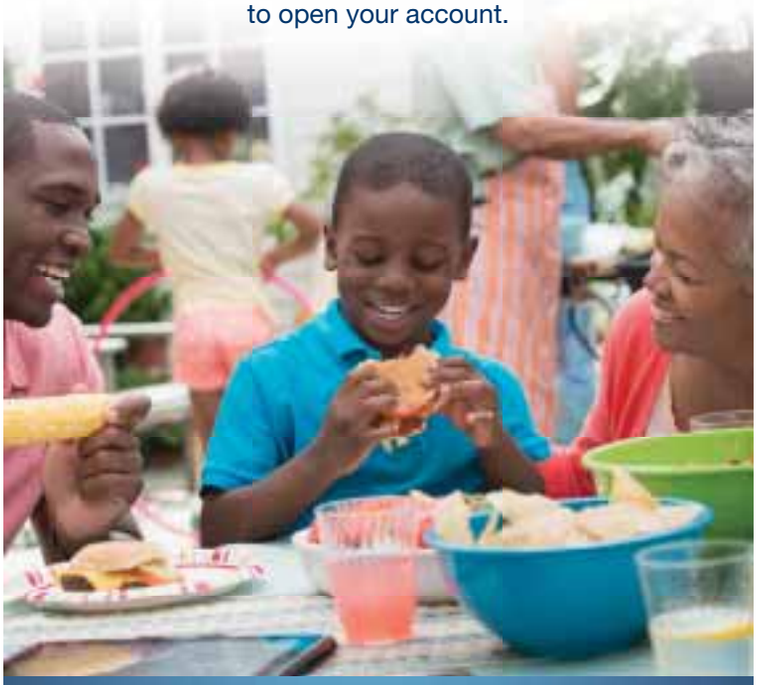

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The DA's goal is to reduce the number of misdemeanor and violation arrests in Manhattan. PIXABAY

Turnstile jumping won't land you in the slammer

No longer will your commute send you to the clink. Probably.

KIMBERLY M. AQUILINA
@KimESTAqui
kimberly.aquilina@metro.us

Maybe you've jaywalked, smoked a little marijuana or had to pop-a-squat behind a parked car Friday night because you really, really had to pee. We've all broken some laws, but New Yorkers who are guilty of subway fare evasion won't be arrested under a policy change in the Manhattan DA's office.

Turnstile jumping is relatively harmless, but it is considered Theft of Services under the New York Penal Code and led to nearly 10,000 arrests in 2016.

In September, the office of Manhattan District Attorney Cyrus Vance Jr. will no longer prosecute many who would be busted trying to ride the rails for free. Police officers who catch a fare skipper will issue summonses instead of making an arrest and offer "pre-arraignment-diversion" and a desk appearance for those who do end up being arrested.

If those individuals successfully complete the terms of a diversion program, the DA will decline to prosecute the case, the turnstile hopper will need not appear in court, and the record will be sealed, according to the office.

Those who pose a threat to "public safety" will still be prosecuted.

"The decision by Manhattan DA Vance to end criminal prosecution of fare evasion in Manhattan is an important step forward to reforming our criminal justice system," Council Member Rory I. Lancman said. "For too long, prosecution of fare evasion as a crime has disproportionately impacted people of color, bogged down our courts, and even put immigrants at risk of deportation.

"Diverting fare evasion cases away from the criminal justice system is a smart and sensible policy that will ensure offenders are held accountable fairly, while not saddling people with a lifetime criminal record or left languishing in custody."

The DA's goal is to reduce the number of misdemeanor and violation arrests in Manhattan to 50,000 in 2017 (the borough saw more than 93,000 such arrests in 2009).

"Absent a demonstrated public safety risk, criminally prosecuting New Yorkers accused of these offenses does not make us safer," Vance said.

This doesn't mean New Yorkers should start stretching out to clear turnstiles like hurdles anytime they have somewhere to go. The DA's office said it is hoping to keep the city's most vulnerable citizens out of the system.

If someone asks you for a swipe, and you have a 30-day MetroCard, go ahead. It's legal.

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President Donald Trump attends a panel discussion titled "Launch Event of the Women's Entrepreneur Finance Initiative" on the second day of the G-20 summit on Saturday in Hamburg, Germany. GETTY IMAGES

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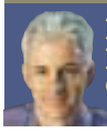
THE TWITTER EQUIVALENT OF A SHRUG

OPINION



ELLIS HENICAN
@henican

Why stop with Vladimir Putin's election hack? Aren't there any other messes Donald Trump can "move forward" from?

You bet there are. He can "move forward" from the nukes in North Korea, "move forward" from the complexities of healthcare and, while he's at it, "move forward" from the decline in America's longstanding role as leader of the world.

Amid all the head-shaking in Hamburg, some of the newly emboldened Euros really were calling the G-20 summit "the G-19."

There's only one problem with all this "moving forward." It doesn't actually solve anything. "Moving forward," the Trump version, is really just another way of saying, "Aw, forget about it."

"I strongly pressed President Putin twice about Russian meddling in our election," the president typed on Sunday in the Twitter equivalent of a shrug. "He vehemently denied it. I've already given my opinion."

So there.

"Now it is time to move forward in working constructively with Russia!"

Instead of finding out exactly how Putin's people worked to steal last year's U.S. election, instead of discovering exactly how deeply the Trump campaign was involved, Trump now wants to set up a U.S.-Russian "cybersecurity unit" so the two powers can work together. Back home in America, that went over about as well as you might expect on both sides of the aisle.

"It's not the dumbest idea I've ever heard, but it's pretty close," said Republican Sen. Lindsey Graham. "This is like the guy who robbed your house proposing a working group on burglary," former Obama Defense Secretary Ash Carter said on CNN. "It is they who did this."

Oh, that.

Speaking of CNN, Donald Trump Jr. has now joined his father's juvenile attacks on the "fake news" media. Exactly a week after Senior tweeted out a clip of him clotheslining a CNN-headed Vince McMahon, Junior spread a doctored video of Tom Cruise's "Top Gun." Only this time, the third-grader-in-chief is Maverick and the Soviet "bogey" is plastered with the CNN logo.

Let's all try to ignore the irony of replacing America's real enemy with a media brand. Maybe we can just "move forward" from these childish video pranks.

What's next? Booger jokes?

Metro columnist Ellis Henican is a veteran journalist, best-selling author and frequent commentator on CNN and other TV networks. Follow him on Twitter @henican.

DO YOU AGREE?

Tell us what you think!

@MetroNewYork

New York's dating app scene has left some singles with 'dating fatigue'

Like meeting people on Tinder? Some online daters are developing weariness from the app and growing weary of the chase altogether.

ALAN KRAWITZ
@MetroNewYork
letters@metro.us

More people than ever are now looking for love online, using an array of dating sites and mobile apps like Plenty of Fish, OK Cupid, Tinder and Bumble, not to mention an ever-growing list of specialty sites for every race, religion and gender.

A recent Pew Research Center survey said that nearly 60 percent of U.S. adults agreed online dating was a good way to meet people.

But, for some, online dating has now taken an unwelcome left turn resembling a sort of "dating burnout or fatigue," characterized by a seemingly endless string of dates that yield few returns.

Susanne Sahakian, a 52-year-old ER nurse from Queens, said that most of her online dates "were just nightmares."

"I met a midget on one date, a homeless musician who asked if he could sleep in my car on another and yet another guy who was extremely overweight," she said.

She also added that still others try and "hook up" on the first date, despite being told that is not an option.

Some issues "fatigued daters" have described include people using phony/inaccurate pictures; dishonesty about marital status as well as others who simply "play games" online and aren't looking for a significant other.

Scott Valdez, founder of Virtualdatingassistants.com, said that the seemingly endless options online can add to dater's confusion.

"In a megacity like NYC, there are thousands upon thousands of local singles using dating sites and apps," Valdez said. "Having the illusion of that much choice can quickly become overwhelming, especially if you fall into the trap of feeling there might be someone even better if you just keep swiping."

Further adding to some daters' notion of online dating fatigue are estimates by The New York Times that Tinder users spend close to 90 minutes each day on the app. That kind of time investment translates to about 10.5 or 11 hours per week — roughly equal to a part-time job.

New York-based relationship and etiquette expert April Masini advised online daters to be honest about who you are and what you offer.

"For instance, don't say you're svelte if you're not," she says. "If you've been divorced four times, don't say you've never been married."

She also added that to avoid online burnout or fatigue, give things a rest.

"Don't use every free moment of your spare time trolling dating sites and apps," she said. "Instead, schedule a few times during the week when you can go online or on your app. When you're constantly online looking for dates — you're going to burn out."

Dating apps can leave users feeling overwhelmed. GETTY IMAGES

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Klan members rally against removal of General Lee statue in Virginia

A few dozen Ku Klux Klan members and supporters shouted "white power" at a rally on Saturday in Charlottesville, Virginia where they protested against a city council decision to remove a statute honoring Confederate General Robert E. Lee.

The group was guarded by scores of police and outnumbered by hundreds of counter-protesters who waved signs denouncing racism. Anti-KKK protesters raised their voices in chants and shouts, drowning out speeches from the white supremacists, live video feeds on social media showed.

There were no initial reports of violence at the rally that lasted less than an hour. The Klan group that brandished Confederate flags and signs with anti-Semitic messages was separated from crowds by a ring of fencing and a heavy police presence.

A Ku Klux Klan member GETTY IMAGES

Later police fired tear gas canisters when some protesters refused orders to disperse. Twenty-three people were arrested, but officials could not confirm their affiliations.

In February, the Charlottesville City Council voted 3-2 to remove the statue from the park once named for Lee and make plans for a new memorial to remember the southern city's enslaved population, The Daily Progress, the local newspaper reported.

At least one person who participated in the Klan rally against the statute removal could be seen with a holstered pistol.

Confederacy statues and flags have been removed from public spaces across the United States since 2015, after a white supremacist murdered nine black parishioners at a South Carolina church.

Critics of the monuments say they foster racism by celebrating leaders of the Confederacy in the pro-slavery South during the U.S. Civil War. Supporters say they represent an indelible part of U.S. history and part of regional heritage.

The bronze figures of Lee and his horse, Traveller, atop an oval-shaped granite pedestal has been in the park for nearly a century, the city of Charlottesville said. REUTERS

HUDSON TUNNEL

NOTICE OF AVAILABILITY of **DRAFT ENVIRONMENTAL IMPACT STATEMENT FOR PUBLIC COMMENT** and **ANNOUNCEMENT** of **PUBLIC HEARINGS** for the Hudson Tunnel Project in Hudson County, New Jersey, and New York County, New York

For the Hudson Tunnel Project, the Federal Railroad Administration (FRA) and NJ TRANSIT have prepared a Draft Environmental Impact Statement (DEIS) in compliance with the National Environmental Policy Act. The Project is intended to preserve the current functionality of the existing passenger rail crossing under the Hudson River, the North River Tunnel, between New Jersey and Penn Station New York (PSNY) and strengthen the resiliency of Amtrak's Northeast Corridor (NEC). The North River Tunnel, which is over 100 years old and sustained damage during Superstorm Sandy, is a critical link in the NEC and is used daily by thousands of Amtrak and NJ TRANSIT passengers.

The Hudson Tunnel Project DEIS evaluates a Preferred Alternative that consists of construction of a new passenger rail tunnel between Secaucus Junction, New Jersey, and PSNY, along with accompanying infrastructure, to allow for the rehabilitation of the existing North River Tunnel, without major interruption in NJ TRANSIT and Amtrak NEC service. The DEIS also evaluates a No Action Alternative in which no new tunnel is built and the existing North River Tunnel is not rehabilitated.

FRA and NJ TRANSIT are now accepting comments on the Preferred Alternative and analyses presented in the Hudson Tunnel Project DEIS. The DEIS also contains a Draft Programmatic Agreement (PA) prepared in compliance with Section 106 of the National Historic Preservation Act; the Draft PA explains what impacts to historic and archaeological resources are and how they will be avoided, minimized, or mitigated. Comments will be accepted through August 21, 2017. See below for information on how to submit comments. *Note that all information in submitted comments is subject to public release (e.g., names, addresses, email addresses, etc.), unless otherwise stated by commenter.*

To **REVIEW THE DEIS**, please visit:

www.hudsontunnelproject.com/deis.html

or you can view a printed copy of the DEIS at local libraries and government buildings in the project area. A list of these locations is available on the Project website, or by calling the Project team at 973-261-8115.

HOW TO COMMENT ON THE DEIS:

Comments may be submitted through **August 21, 2017**

- In person at the public hearings
- Via the project website: www.hudsontunnelproject.com/contact.html
- Via email: comment@hudsontunnelproject.com
- Project Contacts:
  - » Ms. Amishi Castelli, Ph.D.
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  - » Mr. RJ Palladino, AICP, PP
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FRA and NJ TRANSIT will hold three **PUBLIC HEARINGS** to provide in-person opportunities for the public to comment on the DEIS and Draft PA. The public hearings will take place on the dates and locations listed below:

August 1, 2017
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401 Seventh Ave at W 33rd St
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August 3, 2017
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Each hearing will include an afternoon and evening session, from 3-5 PM and from 6-8 PM, with a brief presentation about the Project at 3:15 PM and again at 6:15 PM. At the hearings, members of the public are invited to provide an oral statement or to submit comments in writing. The hearing facilities will be accessible to persons with disabilities. Spanish and American Sign Language translators will be present. If other special accommodations are needed, please contact the Project team at least five days prior to the hearings at 973-261-8115, or email team@hudsontunnelproject.com.

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Mon to Fri
Jul 10 – 14, Jul 17 – 21

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Call 511 and say “Current Service Status,” look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

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FASTRACK

The Nourish Baby menu items Metro taste-tested. NIKKI M. MASCALI

Kids of Nourish Baby customers likely eat better than you do

Some items include salmon roe and chicken meatballs infused with liver, but fear not, it's nothing like your grandma's weekly staple.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

Like providing a healthy, seasonal and locally sourced meal to their kids day after day, picky eaters are the bane of nearly every parents' existence, but one New Yorker is looking to the past to stop the struggle.

"Think about what your grandmother ate, we've got to go back to that," said Marissa Lippert, founder of Nourish Baby, an offshoot of Nourish Kitchen + Table, which she opened in the West Village in 2013.

Nourish Baby is a weekly subscription service for kids between 6 months and 2 years old in an age-appropriate serving size — but the ready-to-heat meals created by Lippert and chef Lizzy Rizzuto are likely better than most adult New Yorkers eat, make or forage off Seamless. Think liver-infused chicken meatballs and salmon roe, for example.

Menu items Metro employees taste-tested included chia pudding with strawberry puree and coconut milk, which was "light and summery," grass-fed lamb kofte ("one of the best I've ever had," one staffer proclaimed), a "delicious" lemon-nilla yogurt with walnut-date paste and "hearty" bone broth for moms.

"We're taking a slightly different stance around how to talk about food for early eaters to parents and how they can really take a different path when starting their kids on solid food," Lippert said.

Having launched in April, Nourish Baby is "a baby itself," Lippert said, and while she kept mum on the number of subscribers, she said it is "continuously building."

Among those who use the service is actress and New York mom Olivia Wilde, who recently shared a picture on Instagram of Nourish Baby products near her daughter, saying they are her "saviors" and confessing that she steals "every other bite."

Unlike some subscription food services that come direct to your door, customers of Nourish Baby pick up their orders at three designated spots in Williamsburg and the East and West Village.

Lippert chose the pick-up route to "build communities and open things up for conversations" between Nourish Baby and its customers as well as among its customers themselves. "Relationships are everything," she said. "We thought it was important to build that given that this is a delicate topic — and an important topic."

Nourish Baby isn't just for kids, though. It also offers weekly add-ons for the rest of the family, including that aforementioned bone broth and gluten-free cookies that aid with lactation, which Lippert said are the "best-tasting cookies I could have ever imagined. We all eat them, even though we are not lactating."

The cookies were a big hit with the Metro staff as well, with one saying it was very moist and "didn't break apart like most gluten-free treats" while another described it as "unreal."

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OBAMACARE LIVES ON

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

Obamacare was doomed. On its deathbed. Dig the hole. That was the feeling far and wide soon after the election of Donald Trump. Congressional Republicans held both houses of Congress and had been pounding the drum to take it down for years. As a candidate, Trump enthusiastically took up the beat, telling a joint session of Congress together they'd get the job done. "Repeal and replace" were the watchwords.

But here we are almost halfway through his first year, and Obamacare is still around. It's having troubles to be sure: insurance companies bailing out, premiums running hot and serious questions about the program's long-term viability without significant tweaks. But again, it's still here much to the apparent puzzlement of Republican senators who are gathering around Obamacare like it's a giant Rubik's Cube.

So why are they having so much trouble? They are caught between their idealistic desire to strip away the signature accomplishment of the Obama years and the practical reality of what that means — the number of uninsured Americans going back up, some Obamacare ideas which the public likes being scrapped, and all with no promise that insurance premiums for the rest of us will get any lower.

Put simply, they are colliding with a basic truth of governance. It is easy to give things to people but hard to take them away. The result has been a staggering array of alternative plans. The president has proposed repealing Obamacare now and replacing it at some vague time in the future. Other Republicans have rolled out complicated schemes to sidestep the thorniest parts of their internal debate. And if none of that can gather enough Republican support to pass a bill, Senate Majority Leader Mitch McConnell has even proposed the ultimate heresy in the eyes of some conservatives — working with the Democrats to prop up Obamacare.

Whether they can sort it out remains a mystery. But for now, the biggest thing Obamacare has going for it is a deeply divided Republican party unable to act decisively. And for Democrats, that has extended the long holiday week … only it's not so much like Independence Day, as Christmas in July.

NY Times: Trump's son met Russian lawyer after promise of information on Clinton

Allegations of the Trump campaign's ties to Russia have cast a shadow over Donald Trump's first five months in office, distracting from attempts by his fellow Republicans in Congress to overhaul the U.S. healthcare and tax systems.

President Donald Trump's son Donald Trump Jr. agreed to meet with a Kremlin-linked lawyer during the 2016 campaign after being promised damaging information about Hillary Clinton, The New York Times reported on Sunday, citing three advisers to the White House.

Trump's then-campaign chairman, Paul Manafort, and his son-in-law, Jared Kushner, also attended the meeting, the Times reported.

The Times quoted a statement from Donald Trump Jr. in which he acknowledged meeting with Russian lawyer Natalia Veselnitskaya.

"After pleasantries were exchanged, the woman stated that she had information that individuals connected to Russia were funding the Democratic National Committee and supporting Ms. Clinton," the Times quoted Donald Trump Jr. as saying. Clinton was the 2016 Democratic presidential nominee.

"Her statements were vague, ambiguous and made no sense. No details or supporting information was provided or even offered. It quickly became clear that she had no meaningful information."

Allegations of the Trump campaign's ties to Russia have cast a shadow over Donald Trump's first five months in office, distracting from attempts by his fellow Republicans in Congress to overhaul the U.S. healthcare and tax systems.

The Kremlin has denied U.S. intelligence agencies' conclusion that Moscow tried to tilt the election in Trump's favor, using such means as hacking into the emails of senior Democrats. Trump has repeatedly denied any collusion. REUTERS

Donald Trump, Jr. GETTY IMAGES

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Why Knee Arthritis Sufferers Of Almost All Ages Are Opting For Newest Medical Procedures Before Surgery . . .

Fraction of the cost, minimal risk and little to no downtime amongst top reasons

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

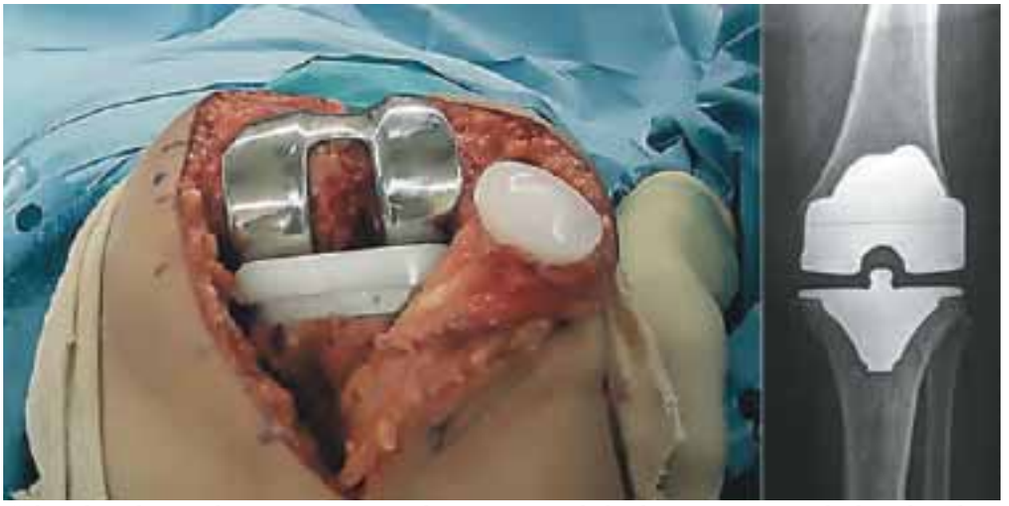
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you

Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Modern Doctor's FINALLY Offering These Special Treatments Right Here In New York City

Hundreds of arthritis sufferers from tri state area calling weekly to find out if treatment is right for them.Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comphrensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without echnology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering nly the best technology.

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. ***NY Pain MD*** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-885-KNEE (5633)

Republicans deride Trump's idea for cybersecurity unit with Russia

Three Republican senators — Lindsey Graham of South Carolina, John McCain of Arizona and Mario Rubio of Florida — blasted the idea.

President Donald Trump said on Sunday he and Russia's president had discussed forming a cyber security unit, an idea harshly criticized by Republicans who said Moscow could not be trusted after its alleged meddling in the 2016 U.S. election.

Tweeting after his first meeting with President Vladimir Putin on Friday, Trump said now was the time to work constructively with Moscow, pointing to a cease-fire deal in southwest Syria that came into effect on Sunday.

"Putin & I discussed forming an impenetrable Cyber Security unit so that election hacking, & many other negative things, will be guarded and safe," he said following their talks at a summit of the Group of 20 nations in Hamburg, Germany.

"There has been no penalty," McCain, who chairs the Senate armed services committee, told CBS' "Face the Nation" program according to a CBS transcript. "Vladimir Putin ... got away with literally trying to change the outcome ... of our election."

"Yes, it's time to move forward. But there has to be a price to pay," he added.

GETTY IMAGES

Rubio, on Twitter, said: "Partnering with Putin on a 'Cyber Security Unit' is akin to partnering with [Syrian President Bashar al] Assad on a 'Chemical Weapons Unit.'"

Trump argued for rapprochement with Moscow in his campaign but has been unable to deliver because his administration has been dogged by investigations into the allegations of Russian interference in the election and ties with his campaign.

Special Counsel Robert Mueller is investigating the matter, including whether there may have been any collusion on the part of Trump campaign officials, as are congressional committees including both the House and Senate intelligence panels.

Those probes are focused almost exclusively on Moscow's actions, lawmakers and intelligence officials say, and no evidence has surfaced publicly implicating other countries despite Trump's suggestion that others could have been involved.

Moscow has denied any interference, and Trump says his campaign did not collude with Russia.

Rep. Adam Schiff, the top Democrat on the House Intelligence Committee, told CNN's "State of the Union" program Russia could not be a credible partner in a cyber security unit.

"If that's our best election defense, we might as well just mail our ballot boxes to Moscow," Schiff added.

Separately, U.S. government officials said that a recent hack into business systems of U.S. nuclear power and other energy companies was carried out by Russian government hackers, the Washington Post reported on Saturday.

Trump said he "strongly pressed President Putin twice about Russian meddling in our election. He vehemently denied it."

REUTERS

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Box Office: 'Spider-Man: Homecoming' slings to massive $117M domestic opening

Spider-Man is officially a box office overachiever.

As of Sunday morning, the latest cinematic depiction of the webbed-hero, "Spider-Man: Homecoming," is looking at a $117 million opening from 4,348 locations. $10.6 million of the domestic total came from 392 Imax screens. That's a huge win for Sony, Columbia Pictures, and Marvel Studios for the film, which cost roughly $175 million to produce. The anticipated opening weekend is higher than industry estimates, which were in the $90 million to $110 million range, while the studio cautiously pegged it at $80 million.

"Everyone at Sony and Marvel are thrilled," said Josh Greenstein, Sony's marketing chief. "It's safe to say it's a triumphant return for Spider-Man."

"Homecoming" banked on the idea that the summer box office was craving a family-friendly superhero movie — Tom Holland plays a high school version of Peter Parker who, at 15 years old, has to prove that he is worthy of being called an Avenger. And it seems that bet is paying off. The $117 million figure is the second largest in Sony Pictures history, behind "Spider-Man 3."

Much attention has been paid to the flick's successful marketing campaign, which heavily featured Iron Man (Robert Downy Jr.), who serves as Spider-Man's mentor in the film. Michael Keaton plays the big bad, Vulture, Jon Favreau plays Spidey's guardian, Happy Hogan, and Zendaya stars as Michelle Jones ("MJ"), Parker's brainy classmate. The movie consistently dominated social media in the weeks leading up to its release.

Tom Holland attends a press conference. GETTY IMAGES

Before "Homecoming," Jon Watts directed two much lower-budget feature films — the 2014 horror movie "Clown" and 2015's "Cop Car" starring Kevin Bacon. He also has a handful of writing and producing credits, and is one of six writers credited on the "Homecoming" script.

Kevin Feige and Amy Pascal share production credit. While the former has proven essentially infallible in the biz, "Homecoming" serves as a redemption narrative for the latter. After the infamous 2014 Sony hack, Pascal was ousted from her post at the top of the studio, and began to focus on producing. This is her second major release following last summer's "Ghostbusters" reboot, but she also has a hand in a long list of upcoming projects including Sony's "Barbie" movie, Steven Spielberg's A-list-studded "The Papers," and future "Spider-Man" movies.

"We have incredible partners," said Greenstein, who said that those relationships helped the film to be "embraced in a big way. It really shows the strength for this beloved character."

Despite the reliability of superhero movies at the box office, "Homecoming" could have been seen as a big bet for all parties involved. For one, it's the third iteration of the character in the past 15 years — before Holland, Andrew Garfield and Tobey Maguire donned the Spidey suit. The makers had to trust that audiences would be ready to see the character yet again. On top of that, the summer box office has not been particularly kind to the sequels and reboots that have become the industry's summer signature. As audience fatigue has impacted previously reliable franchises like "Transformers" and even "Despicable Me," the one thing that this summer has proved is that the domestic audience is not yet burnt out on superheroes.

This is yet another Marvel movie release that has managed to capture the approval of critics and audience members — something the DC Extended Universe could not claim until this summer with "Wonder Woman." But Marvel's been there since the beginning. "Homecoming" currently has a 93% on Rotten Tomatoes and an A CinemaScore. REUTERS

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4 Fan-favorite theories for season seven

In preparation for the most epic "Game of Thrones" season yet, Metro investigates what could be coming (besides winter). **DANIEL CASILLAS MWN**

Tyrion Lannister

We're inching ever closer to the premiere of the seventh season of "Game of Thrones." On July 16, we'll be thrown back into the world of Westeros, where there's plenty of winter and war to go around.

If that seems too far away, you're not alone. And the best way to bide your time? Pouring over fan theories for hints about what to expect this coming season, of course.

Here, we've gathered five fan theories that may be covered this year in "Game of Thrones" — and they all involve your favorite characters, from undead Jon Snow to unburnt Daenerys Targaryen.

1. Tyrion is a Targaryen

A very popular theory among "Game of Thrones" fans suggests that Tyrion is not a Lannister, but a Targaryen. According to the premise, Tyrion is the product of a nonconsensual relationship between Mad King Aerys and Tywin's wife Joanna.

The series itself has given some evidence to support the theory. Tywin told Tyrion, on two occasions, that he was not his son. And Daenerys' dragons didn't attack Tyrion when he interacted with them for the first time in season six. Coincidence? We think not.

Samwell Tarley

2. "GoT" is a story being told by Sam

John Bradley, who plays Samwell Tarley, has suggested as much. In an interview with The Hollywood Reporter, he notes that the gyroscopes from the "Game of Thrones" intro being in the Library of Masters is no coincidence. "It could mean any number of things," he says. "If you take the logic of the story now, the story of Westeros and the story of the battle for the Iron Throne, it would be a book in that library."

3. "The prince who was promised"

In the mythology of the series, there's a prophecy about a hero named Azor Ahai. The legend says Azor will be reborn as "the prince who was promised," one last great hero who vanquishes the darkness with his flaming sword, Lightbringer. The prophecy also says that he'll be reborn one day "amidst salt and smoke." Melisandre believed, at first, that Stannis Baratheon was that prince. But now that he's gone, it's pretty clear that either Jon or Dany fit the bill — Jon being born of salt (his mother's tears) and smoke (the battle at the Tower of Joy); and Dany being unburnt.

Jaime and Cersei Lannister

4. Jaime will kill Cersei

When Cersei was young, she encountered a soothsayer, Maggy the Frog. She told the young Cersei that she would have three children, that those children would all die prematurely, and that she would be queen only until a "younger, more beautiful" one takes her place. So far, all of those predictions, save the last, have come true.

In "A Feast for Crows," Maggy has one last prophecy: "And when your tears have drowned you, the valonqar shall wrap his hands about your pale white throat and choke the life from you." Valonqar is High Valyrian for "little brother," and Jaime is mere minutes younger than his twin sister. And? He's got plenty to be mad about, what with her destroying the Sept of Baelor.

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Meet Shakespeare, the rock star

TNT's new series "Will" follows a young Bard as he rises to fame in Elizabethan London with a punk rock flair.

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Fresh out of acting school in London, Laurie Davidson stars in TNT's "Will," premiering tonight at 9 p.m. TNT

It's about time William Shakespeare got an origin story as exciting, sexy and violent as his plays.

TNT's drama "Will," premiering July 10, ditches powdered wigs and formality to turn 16th-century London into the seductive and dangerous world that it was, where people lived fast and died young.

At the center of it was Shakespeare, played by British newcomer Laurie Davidson, who doesn't take long to go from wide-eyed boy from the countryside to getting tangled up in the Protestant Reformation, adultery and trying to feed Londoners' passion for theater. In short, "Will" is giving Shakespeare back to the people.

"The amazing thing about Shakespeare is he was writing plays where people from all walks of life were attending," says Davidson, who was recruited out of his final year of acting school in London to play the young Bard. "So Shakespeare had to write plays that connected with a huge variety of people and be really clever about it."

In the 16th century, playwrights were the rock stars, and "Will" takes that literally with a heavy dose of spikes, leather and colored hair straight out of the '70s punk rock era. The gritty aesthetic is thanks to writer and producer Craig Pearce, a longtime Baz Luhrmann collaborator whose resume includes "Romeo + Juliet" and "Great Gatsby."

GETTY IMAGES

It's not long before Shakespeare becomes the David Bowie of his era — with a few lessons from Eminem. The influence of "Hamilton" in the fusion of music and history is clear, with Shakespeare getting into what is the 16th-century version of a rap battle in the first episode.

To make the scene flow, Davidson watched "Straight Outta Compton" and "8 Mile" on the advice of director Shekhar Kapur. "Whilst I didn't go full-on gangsta rap," he says, "it just gave an idea of the way that people use words as weapons."

Since little is known about Shakespeare's life, "Will" has a lot of creative freedom and uses it to get to the story behind the famous plays. "What Pearce did an amazing job of is trying to get inside the mind of why he wrote these plays."

Of course, Shakespeare's most famous contemporary Christopher Marlowe (Jamie Campbell Bower) also features in the show, which winks at their checkered past before setting the two up as frenemies.

"They basically see the good things in each other's lives, and they want what the other person has," Davidson explains.

Love, religious conflict, punk music and dramatic tension — sounds like a Shakespeare-worthy production.

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Win a year's supply of free Dos Toros burritos

It involves a Pokemon Go-style scavenger hunt, but you capture burritos, not Pikachu.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

A free one of these every week for a year? Yes, please.
FACEBOOK @ DOSTOROSNYC

Would you go on a Pokemon Go-esque scavenger hunt if the prize were free burritos every week for a whole year? Surely that's more of an incentive than capturing Pikachu.

Dos Toros has devised such a challenge for Snapchat-savvy burrito lovers in NYC but instead of gyms, you'll be visiting Dos Toros storefronts.

To celebrate the opening of its first Chicago location, the popular fast-casual chain is offering New Yorkers the chance to win roundtrip tickets for two to the Windy City, and a Dos Toros Black Card loaded up with the dollar amount of weekly burritos for a year.

Here's how it works: Beginning today, through Sunday, July 23, at 11 p.m., New Yorkers can participate in the company's "13 in 13" Snapchat challenge. Visit any of the 13 Dos Toros NYC locations during that 13-day window and take a selfie using the store's custom Snapchat geofilter. You don't even have to buy anything, just take your pic, screenshot it and either email it to MyBurritoDay@dostoros.com or share it on Instagram, tagging @DosToros and #MyBurritoDay.

You're eligible for one entry per Dos Toros location, and the more you visit — providing proof via Snapchat screenshots, obvs — the better chances you have of winning. Think of it as a game of Burrito Go! Gotta snap 'em all to eat 'em all.

There are two Brooklyn locations and 11 in Manhattan, all within a subway ride away from each other, so looks like you'll have to straphang to get to them all. Unless you want to hoof it and turn it into a daylong epic fitness challenge? One virtue of the Pokemon Go craze was that it doubled as a workout.

While only one contestant will win the two round-trip tickets from NYC timed with Dos Toros' August launch in Chicago, an additional 10 black cards will be given out at random to participants who complete the challenge. *Find more info at myburritoday.com.*

Giant riverside oyster bar opens

As if you didn't have enough amazing reasons to check out Governors Island, the city's largest and most scenic oyster bar just opened there.

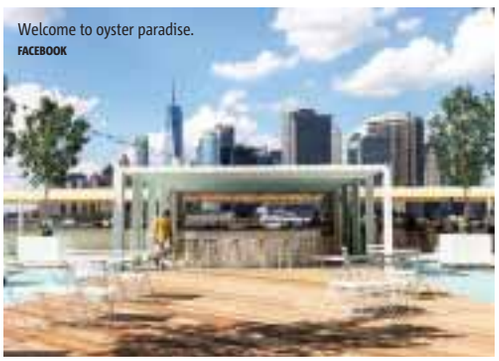
At 32,000 square feet with seating for 600, Island Oyster basically has its own ZIP code in New York Harbor. The seasonal seafood and cocktail bar is the first restaurant on the island and comes by way of Alex and Miles Pincus, the brothers/owners who have already mastered riverside ambiance aboard their perpetually mobbed vintage schooner Grand Banks.

Good news for the seasick: Island Oyster is firmly on dry land, and you can walk right up to the bar from one of the three ferries that now service Governors Island.

It's open for drinks only now, but what a way to sip your summer cocktails: Its 100-foot bar has panoramic views of Lower Manhattan and the Brooklyn bridges. Eventually, there will be a raw bar and a la carte dishes like burgers, fish tacos and lobster rolls by Grand Banks chef Kerry Heffernan, according to The New York Times.

After your meal, learn about oysters' role in helping future generations enjoy New York Harbor at the Billion Oyster Project's summertime exhibit in Nolan Park, which focuses on the effort to bring the water-filtering mollusks back to the harbor after they were killed off by heavy pollution.

Like the rest of Governors Island, Island Oyster will close with the end of warm weather Oct. 1. For more information, call 917-268-0200. **EVA KIS**



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Getting to the heart of the matter

Sherlock Holmes is a great detective — and as the new musical "My Dear Watson" shows, he's capable of love, too.

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"My Dear Watson" finds the heart behind the (seemingly) cool exterior of Sherlock Holmes. C.A. BRIDGES

For a character who's been the template for cold, calculating geniuses since his debut in 1887, Sherlock Holmes has seen a lot of reinvention lately: as a drama-loving addict in the BBC's "Sherlock," a mischievous rogue in director Guy Ritchie's films, and even a New Yorker in CBS's "Elementary."

But what the playwright behind the new musical called "My Dear Watson" wanted to explore is the heart of a man commonly considered not to have one.

"In other productions, you get the banter, you get the bromance, but you don't get the tender side of their friendship," says Jami-Leigh Bartschi, who's bringing the show to the New York Musical Festival.

While many fans feel the Holmes-Watson relationship is one of literature's great unrequited-love stories, that's not how she sees it. "It's a love story without a sexual relationship, which I think is lacking in popular culture," she explains. "I don't think there are nearly enough shows and movies that explore asexual love stories, the idea that you can love someone without romantically loving them."

Despite Holmes' reputation, she didn't have to look hard for evidence of his affection. "I fell in love with his character as someone who didn't have an easy time expressing himself emotionally, but that doesn't mean he doesn't care," she says.

As a person who also doesn't readily express her emotions, Bartschi read Arthur Conan Doyle's stories from her own perspective. Watson often mentions seeing glimpses of Holmes' heart, which are obvious, but she read between the lines, too.

"I extrapolated a lot of others and found times when the average person maybe wouldn't see care and tenderness, but if you redefine what love and friendship are [as actions rather than emotional reactions], you can see it more easily," she says, pointing to Holmes going out late to do the kind of violent work he doesn't want Watson to see.

"My Dear Watson" traces their friendship from its start as potential roommates to Holmes' death at Reichenbach Falls. There is a mystery to solve, of course ("I would've been foolish to write a Sherlock Holmes musical that did not have him actually investigating a crime"), but the show is about how Watson's perspective changes over the course of their four years together.

Because the show is set in Victorian England (the play's Moriarty is British and served as the cast's dialogue coach), the music hews classical. The bigger problem was, how do you have a man renowned for his stoicism burst into song?

"Watson's music is a lot more lyrical," says Bartschi, who also composed the show, "while Holmes is more rhythmic and speak-singing, except at strategic moments where we want to show more heart."

If you go

"My Dear Watson"
July 11-16, various times
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$29.75, nymf.org

Mixing cocktails in an RV "meth lab" is sweaty work, but the results are worth it.
ALL PHOTOS BRANDON HARDIN

How to cook your cocktails

What it's like inside ABQ NYC, the meth lab in an RV where bartending gets scientific.

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You've got to be a little crazy to spend two hours in a barely air-conditioned RV during the height of summer, but such is the fervor for "cooking" cocktails in a makeshift meth lab.

That's the premise of ABQ NYC, the British "immersive molecular bar" that's cruised across the pond to Bushwick for July and August. Though it can't mention the hit TV show that inspired the bar for copyright reasons, fans quickly sold out its entire stint.

For their $45, legal meth heads are welcomed into the RV (parked in the backyard of Arrogant Swine, in case you need some Carolina barbecue after your experience) by a team of strung-out chemists and billows of smoke. You're greeted with a high five in one hand and a welcome cocktail in the other, a sort of mojito with a Blue Curacao kick in a syringe.

Each two-hour session has 30 participants grouped around lab tables that are just a bit too small for comfort, plus a pair of dishwashing gloves and a yellow poncho (again, summer — a certain amount of dedication is necessary here). It just makes the experience more authentic, right?

Initially, everyone dutifully dons their lab gear, though about halfway through the evening you'll realize it's like sous vide-ing yourself and abandon it, too. If it weren't for the "Kiss the Cook" graffiti and assistants clad in cocktail waitress outfits, it could be a freshman science class. On the tables are beakers, Erlenmeyer flasks, a glass distiller and various jars of powders and liquids.

Between making new friends, working together

Bottoms up!

and the mild buzz of that first cocktail, assembling each cocktail does end up taking the better part of an hour. The instructions are often less than clear and each cocktail is reasonably complex, with ingredients like falernum, pink peppercorns and rose hip, with additional flair like strawberry infusions via some dry ice magic.

After you've finished, the cocktail mixture is whisked away and returned in four portions — the first one even comes with lines of high-octane Fun Dip and a short straw (don't snort it), while the second looks like a drinkable chunk of meth rock. In case you needed reminding, science is cool.

Interestingly, we also initially thought the liquid ingredients were pre-measured and ended up using about 600mL of rum when the recipe called for 400mL. However, each recipe contains enough of bartenders' best friends — sugar and citrus — to make up for any mistakes on our part.

The soundtrack of the evening (avoid sitting in the back of the RV as the speakers will deafen you) would be recognizable to fans of the show we can't mention, ranging from the oldies classic "Windy" to the Notorious B.I.G.'s "Juicy."

Much like high school chemistry class, you won't learn much, but it was a lot more fun than just sitting in a bar. Even though we had three cocktails in two hours, we felt only mildly buzzed — but getting wasted isn't the point anyway.

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A strong statement of purpose can secure your spot in graduate school

Knock it out of the park with these three tips.

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Applicants can stand out from the crowd by weaving together a strong and compelling narrative. ISTOCK

Of all the factors that come into play when applying to graduate school, writing the statement of purpose is oftentimes the biggest challenge for students.

And while it's easy to brush it off as just another supplemental essay on the winding list of requirements, the truth is, admissions officers weigh it significantly when making their final decision. After all, they want to see whether or not you have the skills, drive and passion to make it through an advanced degree program.

We spoke with John Fulmer of the Princeton Review for some strategies to help students write their way into the school of their choice.

Do your homework

Before you even begin writing, research the university, says Fulmer. And that doesn't mean scrolling through a few admissions pages. Students should thoroughly investigate the faculty—and then use that research in their writing. After all, it's not enough to say you want to attend a university because it has a top-ranked political science department. A more strategic statement of purpose would say, "I'd like to attend this university because professor Rubenstein's research on the relationship between democracy and development is something I'm really interested in." You want to be able to tell admissions officers, "I know the faculty, I've read some of their publications, I know what they're working on, and I'm excited to learn from them."

Tell a story

To stand out from the crowd, weave together a narrative of exactly what it was that sparked your interest in the field you're pursuing. Hook the reader by beginning with your moment of epiphany—and then go through the journey, step by step. When you get to the end, "that's when you describe what it is that you want to get out of this passion," he says.

Just don't make it sound like a diary entry. "The language needs to be relaxed enough that you can tell the story in your own voice, but formal enough to remind yourself that there are strangers who are ultimately reading and evaluating your intelligence," says Fulmer.

Give yourself time

"A statement of purpose is not something you write the night before it's due," says Fulmer. For one, there's a lot of ground to cover with such a limited word count. "If you try write it too fast, you're going to have a lot of difficulty getting the details to fit."

Once you've written up your first draft, you should hand it to others to proofread. "You want to shop it around to a few professors whose opinion you trust and respect, and ideally, who are working in the field that you're applying to," he explains.

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How to ace the GMAT

And secure your spot in a top MBA program.

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If you're thinking of going to business school, chances are you'll have to take the GMAT.

And make no mistake, this is no ordinary multiple choice math exam. With four sections, including one focused entirely on real-life work skills, the test is designed to see how candidates will fare once they enter the world of business.

We spoke with 10-year veteran Kaplan GMAT instructor Dennis Yim for tips to tackle the exam with confidence.

The GMAT is the gold standard for business school admissions. ISTOCK

Get an early start

"This is not a test that you want to cram for," says Yim. And that's not only because students need to familiarize themselves with an extensive amount of material. They also need to designate time to run through full-length practice tests.

Doing this not only gives them relevant experience with the specific kinds of questions they'll be asked, but it also prepares them to better tackle another test day challenge: choosing how to order the exam.

"There are many students who like to get the sections that are difficult for them out of the way, but then there are those who find it very confidence-boosting to be able to knock out a section they know that they can manage first," he explains.

The thing is, you won't know which system works best for you until you try out every order. So run through the test in every possible way before coming in on exam day, Yim advises. At the end of the day, it all boils down to getting realistic experience: "In other words, are you getting the chance to work through the GMAT in the same way that you'll face it on the actual test?"

Don't try to be Shakespeare

For most students, the essay section is the most intimidating part of the exam. But that's only because they don't fully understand what is expected from them, says Yim.

Rather than think of it as a work of literature or an essay you might compose in a creative-writing course, students should envision the assignment as a very straightforward and concise email to a very busy boss or professor.

"They need to be able to get their point across in an analysis of an argument in a very direct way," says Yim. It's not about how flowery they can make the writing or how good they are at throwing in a plot twist. "It's more about how well they can put their argument points down on paper — and in a very precise way," he explains.

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Generation Z will make up 20 percent of the workforce by 2020. ISTOCK

What Gen Z needs to know about job hunting

Your résumé will only get you so far.

SARA FEINSTEIN
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The first members of Generation Z — those born between 1996 and 2010 — are graduating from college and beginning to enter the workforce. But sliding right into the working world certainty won't be a walk in the park. As the job market becomes increasingly competitive, these tech-savvy grads are going to need to amp up their game if they want to stand out.

We spoke with Anastasia Kuznetsova of digital agency Ready Set Rocket for some tips that will help these newbies secure the job of their dreams:

Don't be a one-trick pony

Staying in your comfort zone might be easier than venturing into new areas, but it won't get you ahead in the working world. In fact, the best way applicants can expand their career opportunities is demonstrating versatility on their résumé and during the interview. For example, if you're applying for a job as a web designer, "you want to make sure that your curated selection of work shows your breadth as a designer and demonstrates your ability to adapt your design style across a number of clients and aesthetics," says Kuznetsova.

In other words: The more skills, the better. "A candidate that just does app design is much less intriguing than someone who also has experience with interface design and dabbles in photography and motion graphics," she explains.

Showcase personal projects and interests

What you do on the job is one thing, but what's even more interesting to potential employers is what you choose to do during your free time.

"They want to know that you're passionate, and personal work often shows off your capabilities since you aren't working under deadlines," says Kuznetsova. So if you've got some creative side projects, show them off.

"Maybe you have a passion for food photography and have an Instagram devoted entirely to that side project," she says. Anything that goes beyond your day-to-day roles — whether it's a blog, an app or a folder of sketches — will help you stand out from the crowd.

Know how to sell your work

"When you're in school, nobody tells you how important it is to be able to present your work," says Kuznetsova. But that's a crucial skill to have in the working world. So applicants should be prepared to present and sell their accomplishments.

How to do that strategically? First, discuss the objective for the project, says Kuznetsova. Next, speak to the process: Talk about what you did first and identify the challenges you faced.

Once you've walked through those initial steps, you should reveal the solution you arrived at and go through the specific creative decisions you made.

At the end of the day, employers want to be able to see your thinking method and envision how you can replicate the same process at their company.

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John Tavares has been the face of the Islanders this decade. GETTY IMAGES

Islanders shouldn't waste time, need to re-up with Tavares now

The face of the Isles franchise is set to hit free agency next season.

JOE PANTORNO
@joepantorno
joseph.pantorno@metro.us

We are over a week into the NHL's free agency period and the New York Islanders have not extended captain John Tavares' contract yet.

For a franchise steeped in mediocrity for the better part of the last three decades, Tavares has been the best thing that's happened to the Islanders ever since he was drafted first overall in the 2009 NHL Draft.

In eight seasons with the team, Tavares has already moved into the franchise's top-10 in goals, assists, points and shots.

He's helped lead them to three playoff appearances in the last five years and their first postseason series win since 1993. The Islanders had made the playoffs just four times in the previous 17 seasons.

But currently, there is a threat of Tavares leaving the Islanders as he is set to become a free agent during the summer of 2018 where there would be numerous suitors, including his hometown Toronto Maple Leafs, waiting to pounce.

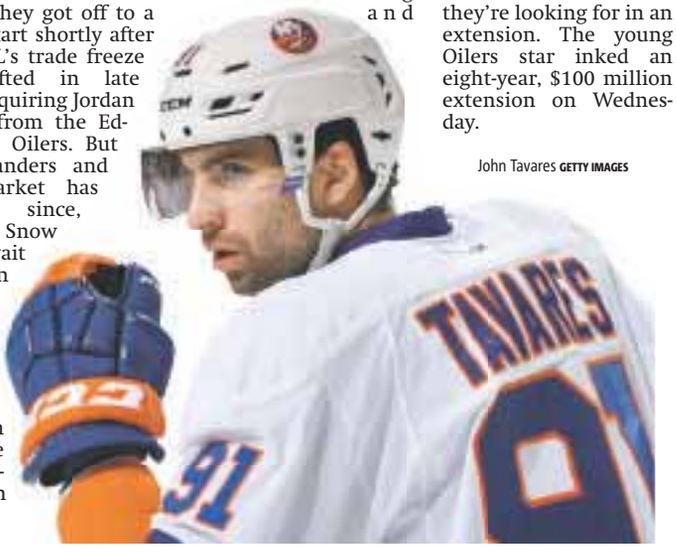
New Islanders owners John Ledecky and Scott Malkin, along with general manager Garth Snow, can't let things get that far as they have constantly stressed that they want Tavares to be in blue and orange for his entire career.

According to Newsday's Arthur Staple, Tavares is not ready to sign despite Snow and head coach Doug Weight being "in regular contact" with the 26-year-old.

There are a number of issues that could be holding up extension talks, including the franchise's ongoing search for a permanent home given their impending departure from the Barclays Center in Brooklyn.

New York also has to show that they are committed to winning and building a Stanley Cup contender around Tavares. They got off to a quick start shortly after the NHL's trade freeze was lifted in late June, acquiring Jordan Eberle from the Edmonton Oilers. But the Islanders and the market has slowed since, though Snow can't wait given the state of the Metropolitan division as the toughest in hockey.

Connor McDavid's extension could get the ball rolling and give Tavares' camp a number to give the Islanders in terms of what they're looking for in an extension. The young Oilers star inked an eight-year, $100 million extension on Wednesday.



John Tavares GETTY IMAGES

YANKEES BETTER OFF THINKING LONG-TERM OVER SHORT-TERM

OPINION

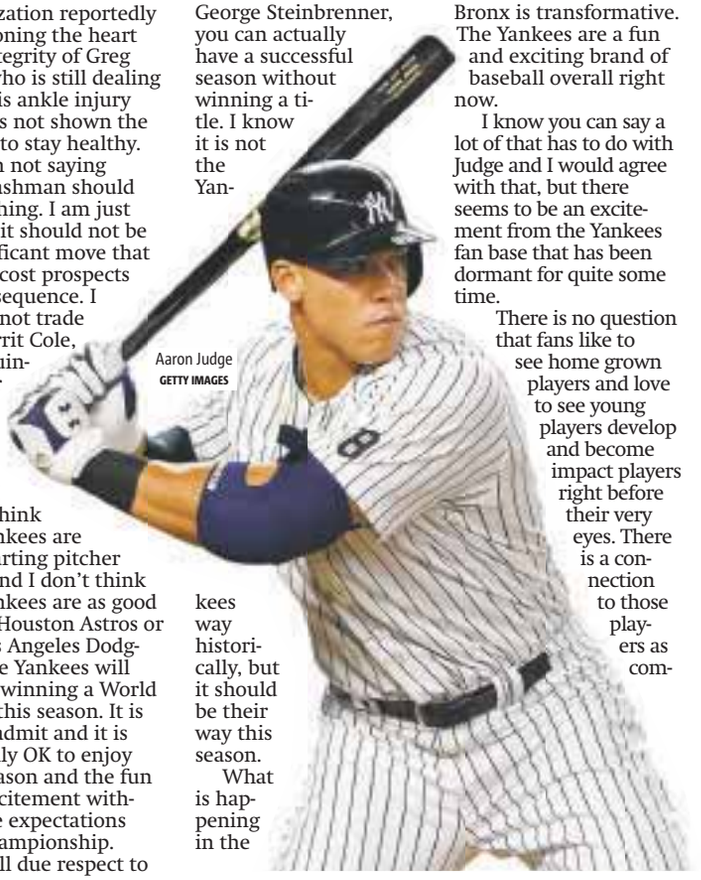
MARC MALUSIS
@marcmalusis

As Clint Frazier hit a walk-off, game winning three-run homer against the Brewers on a sun drenched Saturday afternoon in the Bronx, I thought to myself, this is fun. How could it not be as the Yankees were desperate for a victory and they saw yet another one of their young prospects come through with a huge hit when the team needed it the most. The Yankees did not close out the first half the way that they started the season and their lead in the AL East came and went at the hands of their struggles and the uptick in play of the Boston Red Sox.

Even after their 21-9 start, I never looked at this Yankees team as a World Series contender. With that being said, they are not as bad as the current funk that they are in. If you go back in the off-season, I never thought the Yankees would be a playoff contender in 2017. They are playoff contenders and it has a lot to do with the play of their young stars like Aaron Judge, Gary Sanchez and Luis Severino. The experience that their young players are getting is fantastic and they will hopefully use that experience to develop as major league baseball players that much quicker.

As the Yankees entered play on Sunday, they were five games over the .500 and are by all accounts a playoff contender. With that being said, my message to Yankees GM Brian Cashman would be to trade none of his prospects of significance this season. I would not deal for a reliever, even with the struggles of Tyler Clippard and Dellin Betances. Not for a first baseman, even though they have started 10 different players at the position this season and you even have at least one person in the organization reportedly questioning the heart and integrity of Greg Bird, who is still dealing with his ankle injury and has not shown the ability to stay healthy.

I am not saying that Cashman should do nothing. I am just saying it should not be a significant move that would cost prospects of consequence. I would not trade for Gerrit Cole, Jose Quintana or Sonny Gray because I don't think the Yankees are one starting pitcher away and I don't think the Yankees are as good as the Houston Astros or the Los Angeles Dodgers. The Yankees will not be winning a World Series this season. It is OK to admit and it is certainly OK to enjoy this season and the fun and excitement without the expectations of a championship. With all due respect to George Steinbrenner, you can actually have a successful season without winning a title. I know it is not the Yankees way historically, but it should be their way this season.



Aaron Judge
GETTY IMAGES

What is happening in the Bronx is transformative. The Yankees are a fun and exciting brand of baseball overall right now.

I know you can say a lot of that has to do with Judge and I would agree with that, but there seems to be an excitement from the Yankees fan base that has been dormant for quite some time.

There is no question that fans like to see home grown players and love to see young players develop and become impact players right before their very eyes. There is a connection to those players as compared to a free agent signing or trade. I know it all comes down to how those players perform on the major league level, but that is what most fans want to see.

They want to see if these young players symbolize a change in the Bronx where the Yankees will once again be a yearly World Series contender. Cashman should play the long game and not the short game.

There is no need to change or alter your plans from what they were before the start of the season. Some have been critical of Cashman in the past that he has not built and developed the young talent in the Yankees farm system and has been great at spending money. Now is the time to stick to the plan that was in place and hold onto the young assets and see just how special these young guys can be, together.

Take this season for what it is, a bonus year. Nothing more, nothing less.

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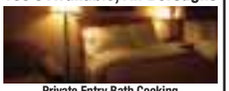

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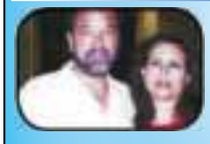

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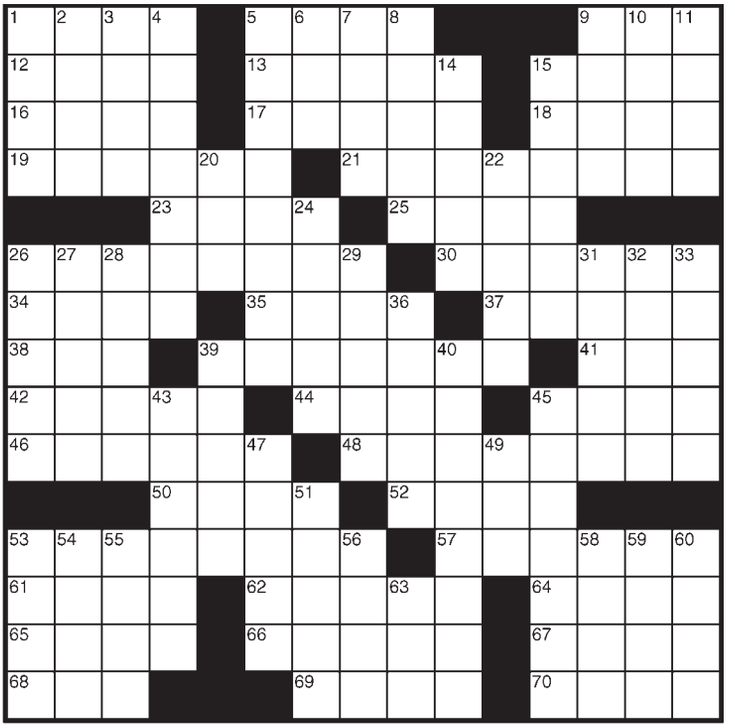
Across
1 Bleak
5 Green gem
9 Punch
12 Guru's practice
13 Track standout Jesse --
15 Morse invention
16 Frame of mind
17 Make joyful
18 Go to earth
19 Actress Meryl --
21 Least able to retain water
23 "A Holly Jolly Christmas" singer
25 Road map nos.
26 Omaha's state
30 Willowy
34 Lamb's pen name
35 Cows' chews
37 Epic by Homer
38 Apiece
39 Bad guy
41 Sorority letter
42 Actor Braugher
44 Potter's oven
45 Detect
46 Powerful beams
48 Horse chestnuts
50 Social climber
52 Watch's face
53 Tinkered
57 Like a wedding cake
61 Kind of molding
62 Fountain in Rome
64 Concern
65 Attired
66 Rathskeller mug
67 Make fall
68 Olive in the comics
69 Fawn's parent
70 Cult

Down
1 Workout sites
2 Show team spirit
3 Composer -- Stravinsky
4 Fortified wine
5 "My Cousin Vinny" star (2 wds.)
6 Boring tool
7 Real bargain
8 Go in
9 -- de vivre
10 Augments
11 Red vegetable
14 Installs in office
15 Woodworking tool
20 Mrs. Peron
22 Bacon or Kline
24 Lurk
26 Himalayan country
27 Helen, in Spanish
28 Tweeters
29 Bob Hope specialty (2 wds.)
31 Fresh
32 Nevadan lake
33 Makes changes
36 Madrid toast
39 Founder of sci-fi
40 Egging on
43 Took it easy
45 Chooses
47 Places in order
49 Chiang -- -shek
51 Lahr and Parks
53 Somewhat, in music
54 Ill-favored
55 Greenish-blue color
56 Bug repellent
58 One in a million
59 Guitarist -- Clapton
60 Govt. branch
63 Airline ticket word



metro.us/sudoku

easy

						1	8	
8		5	1				2	7
	1			5			3	
5			2	7		6		
4				6				2
		9		8	4			3
	5			9			7	
1	6				2	5		8
	8	7						

hard

		8		2	6		3	
	4		9					
	5		4		3	7		9
								5
9	6	4				8	7	1
5								
6		9	3		4		5	
					2		1	
	2		6	1		9		

metro.us/horoscopes

Aries Be careful how you handle family matters and people who want something from you. It's important to carefully gauge what you can do before you make promises.

Taurus Consider where certain information is coming from before you get worked up over nothing. An impulsive act will not make matters better.

Gemini Physical and emotional changes will make your life easier and less stressful. Discuss your plans with a loved one and prepare to move ahead. Romance is in the stars.

Cancer You can make positive changes at home and within important partnerships if you stick to a set budget. Be amicable and willing to compromise for the best results.

Leo Seize any chance you get to let your Leo charm take control and win you popularity as well as favors. Offering input and hands-on assistance will seal a deal.

Virgo Look at the big picture. A little finesse and charm will get you much further then criticism. Don't let a personal incident disrupt your day.

Libra Express the way you feel. Not everyone will agree, but at least you will make your point clear and find out who will stand with you.

Scorpio Emotions will take charge, leaving you in a quandary. Don't let jealousy or possessiveness ruin your day or a relationship with someone special.

Sagittarius Rethink the way you handle your money or any health, legal or contractual matters. It's important to see all sides of a situation before making a change.

Capricorn Think big, but be realistic in your pursuits. Stay away from anyone asking you to take a risk or be impulsive. Don't stray from your comfort zone.

Aquarius Share your thoughts and listen to the feedback. Much can be accomplished if you collaborate. Physical improvements can be made and will draw compliments.

Pisces Setbacks will develop if you are misleading. Be open about any change you want to make so you can feel free to implement it without being sneaky. EUGENIA LAST

Yesterday's answers

L	I	T	E	R	■	E	L	I	D	E	■	Y	E	W
L	O	O	S	E	■	P	O	N	D	S	■	U	T	A
D	U	M	A	S	■	S	L	I	T	S	■	C	H	I
■	■	■	U	B	O	A	T	■	A	S	C	O	T	■
M	I	N	I	M	U	M	■	■	B	Y	P	A	S	S
A	N	O	D	E	S	■	M	O	O	S	E	■	■	■
P	U	R	E	■	H	E	A	V	Y	■	A	P	T	S
L	I	M	O	■	■	I	K	E	■	K	E	E	L	■
E	T	A	L	■	A	R	E	N	A	■	S	A	R	A
■	■	■	O	I	L	E	R	■	S	C	U	R	R	Y
A	L	I	G	N	S	■	■	S	T	A	P	L	E	S
T	O	N	Y	S	■	B	R	O	A	D	■	■	■	■
L	T	D	■	E	L	L	E	N	■	G	A	M	U	T
A	T	E	■	R	I	A	T	A	■	E	V	O	K	E
S	O	X	■	T	I	B	E	R	■	S	E	W	E	D

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